Thalassemia and 2 Other Dangerous Yet Preventable Inherited Conditions Every Indian Couple Must Know Before Their Marriage…

In India, marriage is a major milestone — filled with rituals, families, and excitement.

But what most couples don't realize is that **genetic compatibility** is just as important as emotional compatibility.

Ignoring your **carrier status** could lead to lifelong pain — for your future children.

Three of the **most dangerous, yet preventable**, inherited conditions in India are:

1. **Thalassemia**
2. **Sickle Cell Anaemia**

3. G6PD Deficiency

In this post, we'll explain each — and why testing *before* marriage could protect your family for generations.

2Thalassemia

is a **genetic blood disorder** where the body produces less hemoglobin than normal, causing severe anemia and organ damage.

There are two types:

- **Thalassemia Minor (Carrier) – No symptoms, but can pass to children**
- **Thalassemia Major – Requires monthly blood transfusions for life**

India's Reality:

- **1 in 12 Indians is a Thalassemia carrier**
- **10,000+ children are born every year with Thalassemia Major**
- **2 carriers = 25% chance of affected child in every pregnancy**
- **Common in: Gujarat, Maharashtra, Punjab, UP, Bengal**

2. What Is Sickle Cell Anaemia?

Sickle Cell Disease (SCD) is a **hereditary condition** where red blood cells take on a sickle shape, blocking blood flow and causing **pain, stroke, or even death**.

Two carriers = **25% chance** of a child with full-blown Sickle Cell Disease.

High-Risk States:

- **Madhya Pradesh**
- **Chhattisgarh**
- **Jharkhand**
- **Odisha**
- **Maharashtra (Tribal belts)**
- **Telangana**

Tribal populations are most affected — yet least tested.

3. What Is G6PD Deficiency?

G6PD (Glucose-6-Phosphate Dehydrogenase) deficiency affects how red blood cells function.

It doesn't show up until triggered by certain foods or medicines — leading to **sudden blood cell breakdown, jaundice, or even fatal anaemia**.

Common triggers:

- **Fava beans**
- **Certain antibiotics**
- **Painkillers**
- **Anti-malarial drugs**

It's **genetic**, affects **males more**, and is **easily tested** via a blood test.

The Silent Danger: You Can Be a Carrier Without Symptoms

The most dangerous part of these conditions?

You can look and feel completely healthy… and still carry the gene.

That's why most Indian couples only discover the truth **after childbirth** — when it's too late.

Carrier Screening: A Simple, One-Time Test

One simple blood test can check your carrier status for:

- **Thalassemia Trait (via Hemoglobin Electrophoresis)**
- **Sickle Cell Trait**
- **G6PD Deficiency**
- **Other regional disorders (if required)**

Takes just 1 sample | Cost: ₹299–₹799 | Time: 2–3 days for results

What Happens If Both Partners Are Carriers?

If both partners carry the **same disorder**, doctors provide options like:

- **Prenatal testing (to screen the fetus)**
- **IVF with embryo testing**
- **Informed family planning**

The key is **knowing before marriage** — not after.

Don’t Wait for Regret. Act With Responsibility.

“We didn’t know we were both Thalasimia carriers…Now we spend ₹20,000 a month on our son’s transfusions.”

— Real story from Gujarat (Source: ICMR)

Why This Matters for Parents Too

If you’re a **parent**, talk to your children about this — early.

It’s not about rejection or fear. It’s about protection.

A medical test before marriage is the **most loving gift** you can give your future grandchildren We **Offers Free & Subsidized Testing**

Starting August 2025, we’ll be running:

- **Carrier Screening Camps in urban, rural, and tribal areas.**
- **Awareness sessions in colleges, schools, and NGOs.**
- **Genetic counselling by certified experts.**
- **CSR-supported free testing for vulnerable populations.**

Final Thought: What You Don’t Know Can Hurt Your Future

You’d never buy a house without an inspection. You wouldn’t marry someone without knowing their values.

So, why commit to a lifetime without knowing your genetic risk?

Earlier it wasn’t easy to do the premarital tests; however, medical kundali foundation is making it accessible for every one at a cost effective way for everyone.